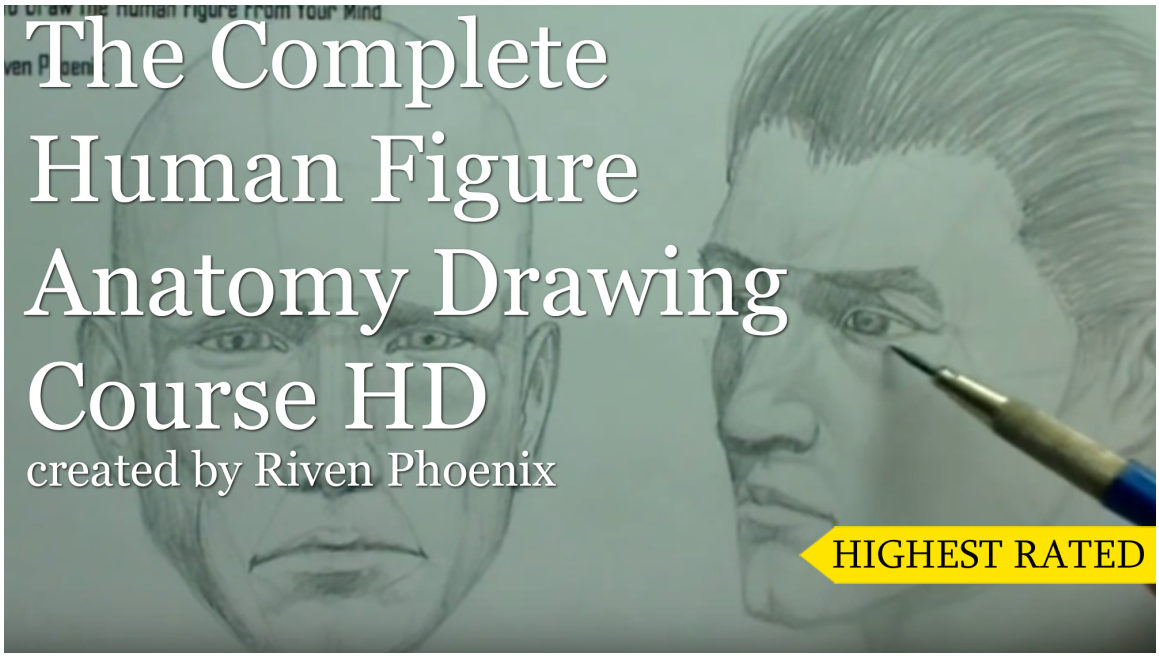

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 161 - The Muscles of the Hand - Part 6

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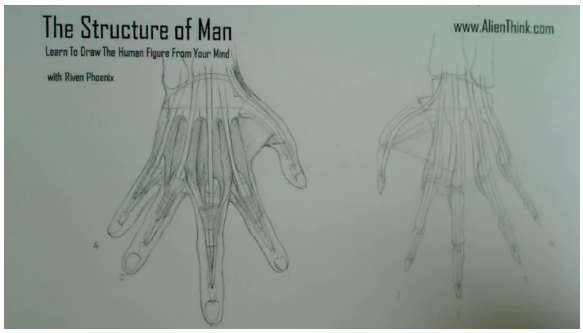
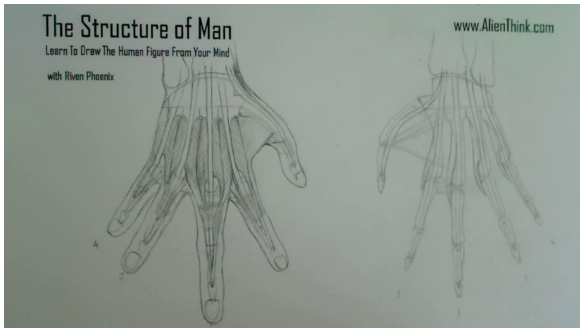
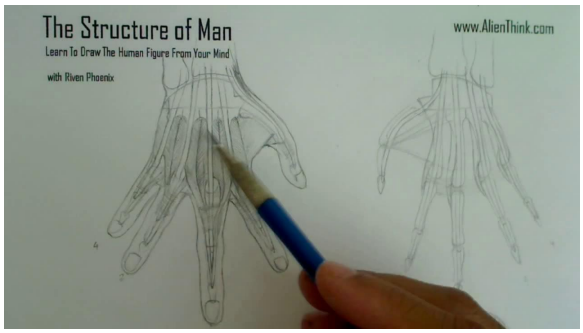
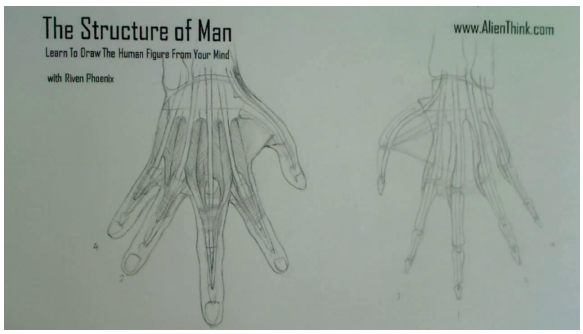
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learned to draw the human figure from your mind training course.
2		Okay, so in the previous lesson we basically wrapped our understanding as to what was going on with the top of the hand and really getting a very good understanding of the police systems and then from within that we were able to understand that really how it's all about in the end to just the pulp.
3		Right, so over here it's really more the surface anatomy is all going to be about the police systems and these wedges that are created everything else is just the pulp and we get these bonds because of the bones that are going to be coming in this way over here.
4		Okay, so now what we're going to do is now start to understand the bottom of the hand.

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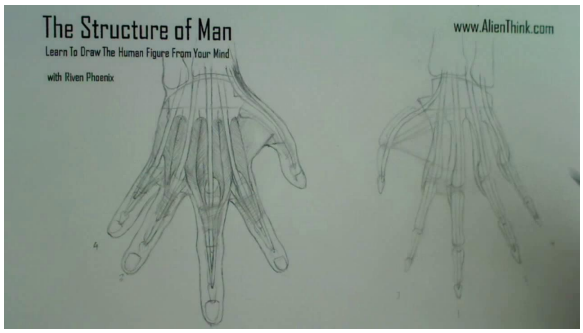
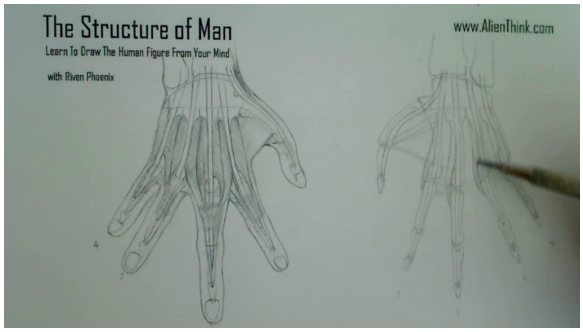
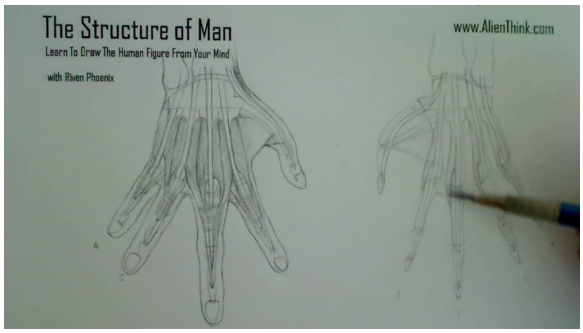
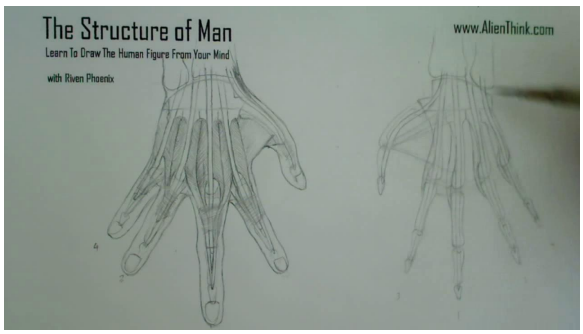
5		So here we kind of we got we got the mind to understand how the police systems are working over here, right?
6		So we didn't we let this be because we know we're going to have to come back and kind of like start to render this.
7		Right, so the first thing that we want to understand is what happens with all these wires that are coming in the way, right?
8		So basically all this stuff here, right? So this wire system that we drew we we have to actually wrap this up into an area that's going to be covered up by a muscle.

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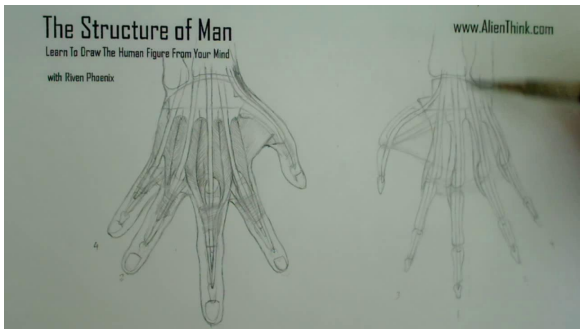
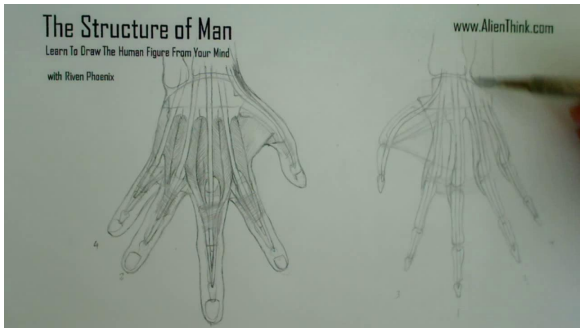
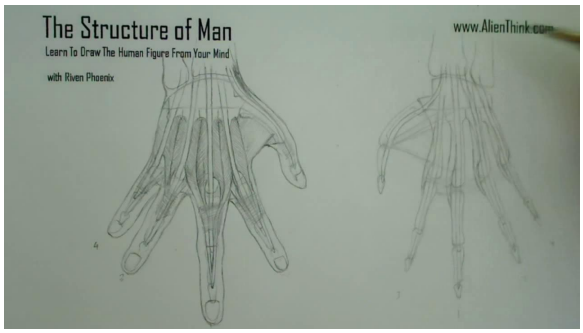
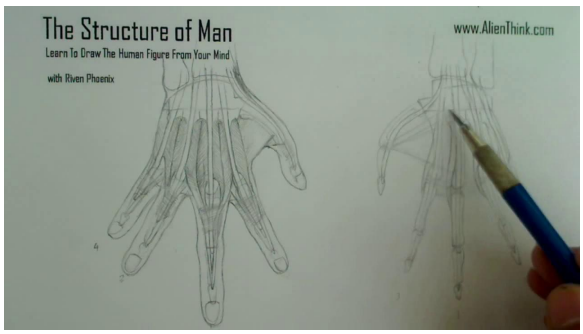
9		So we can actually put them on an angle over here, right?
10		So just so this is going to be your carp or tunnel, right? It's just going over here all these police systems over here.
11		So what happens is that you're going to get a just understand that it's just sitting over here.
12		You're going to get like this muscle.

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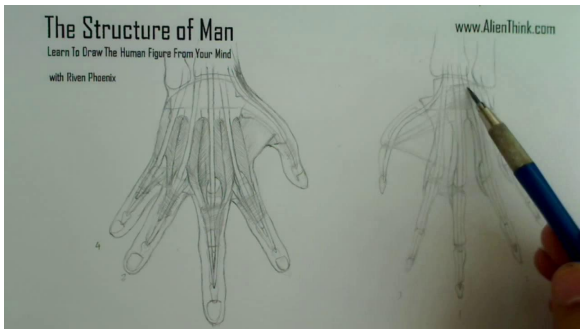
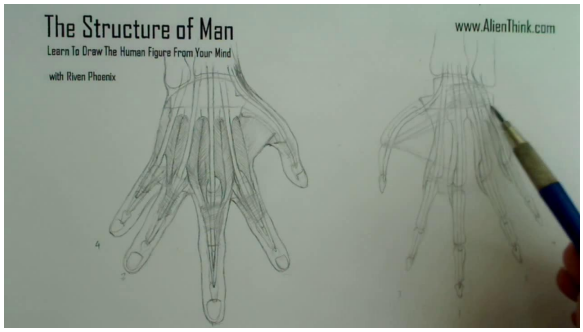
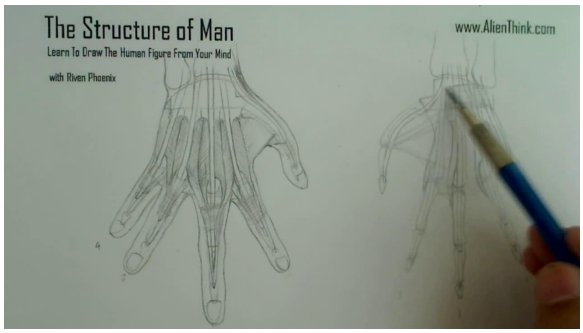
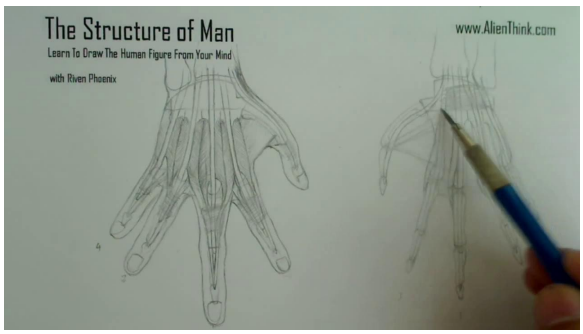
13		It's and that's going to wrap up.
14		It's going to keep all these guys together in the palm of the head.
15		It's just going to be like this.
16		We just need to understand it conceptually now because we're getting into that area of surface and autumn.

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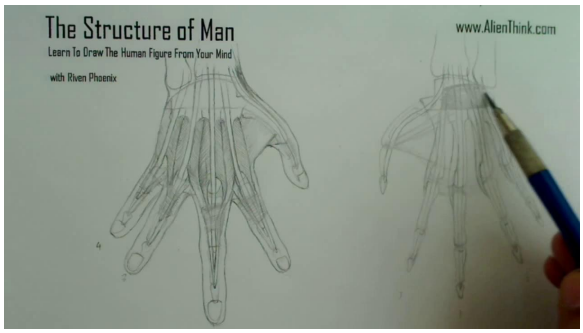
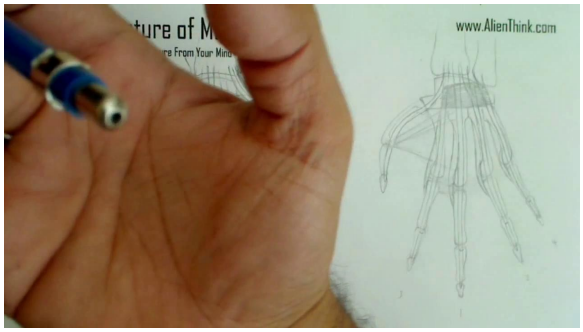
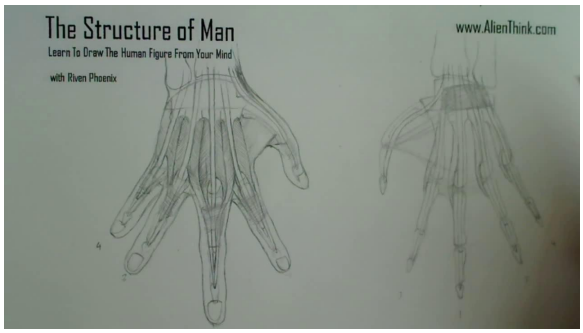
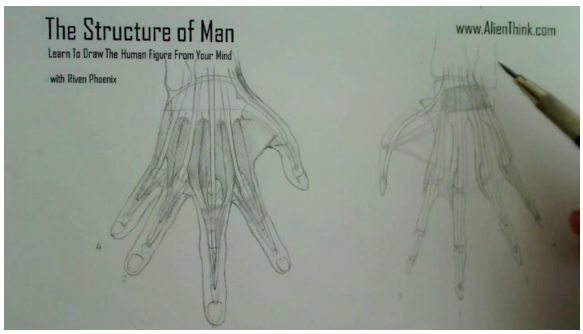
17		Right, so what I'm saying is that you see how all this is over here.
18		This is where your bones are and then but look, it goes through this area here and it's covered is being protected by this area over here.
19		Okay, so that's the first understanding we need to grasp.
20		So the second thing is that now you're going to get muscles.

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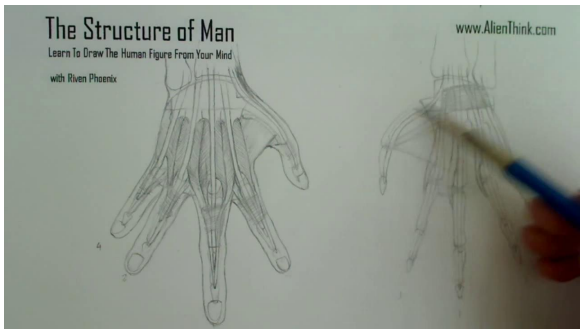
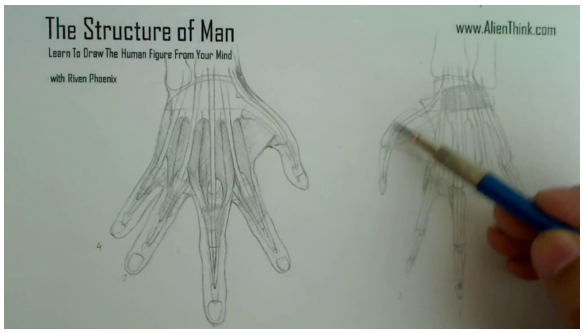
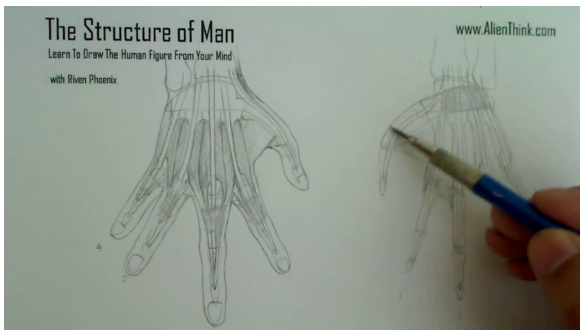
21		So here you're going to get basically the three muscles involved in creating this whole area over here.
22		This whole area for the under the tongue and it's very basic to understand.
23		It's just going to go over here and it's going to connect over here, right?
24		So the first muscle that I'm going to get is just going to be just like this over here.

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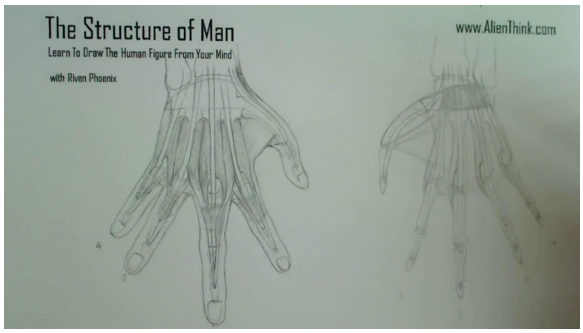
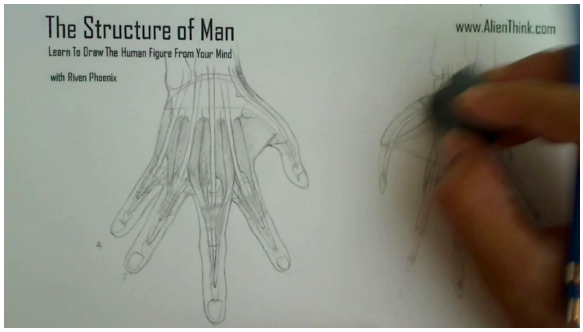
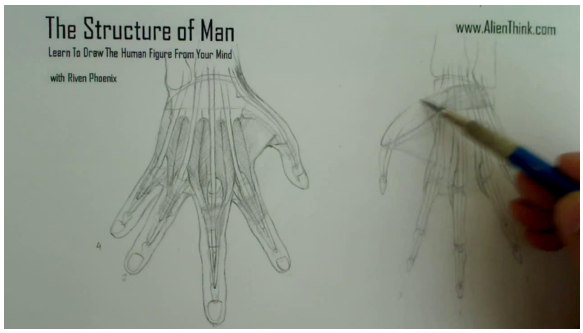
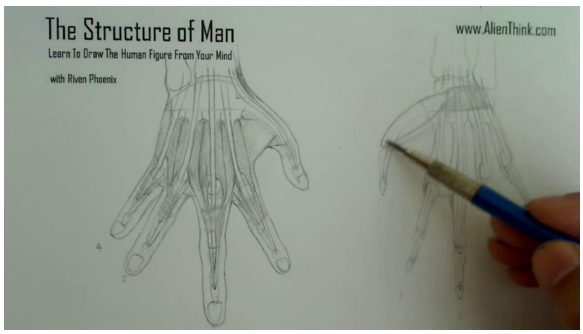
25		So I'm going to erase this.
26		This stuff over here so we can start to just visually grasp these ideas and basically they're just connecting over here.
27		Right, we're just connecting where this is.
28		So here I'm just going to get this muscle in first and you can start to see how the palm of the hand is now making more sense.

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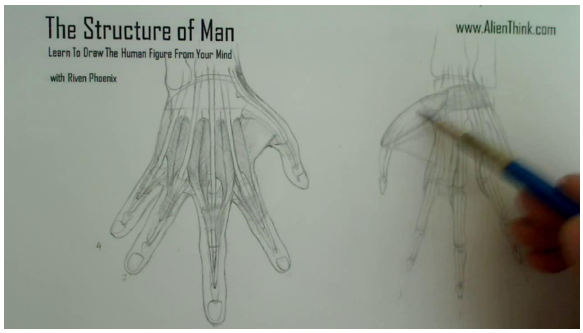
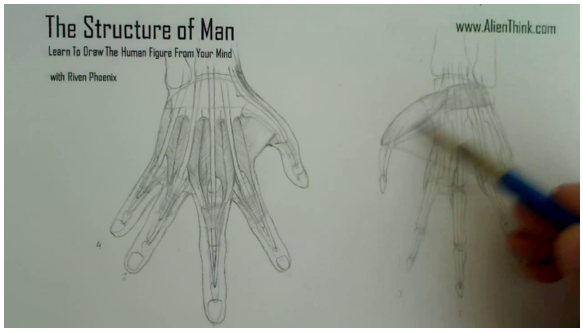
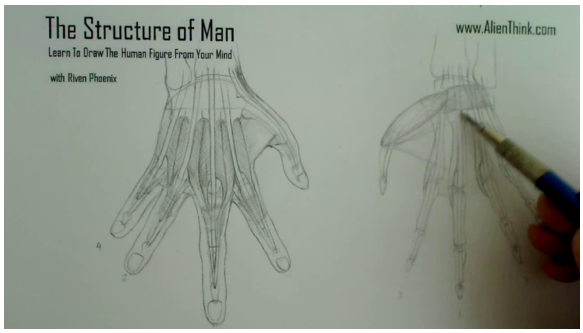
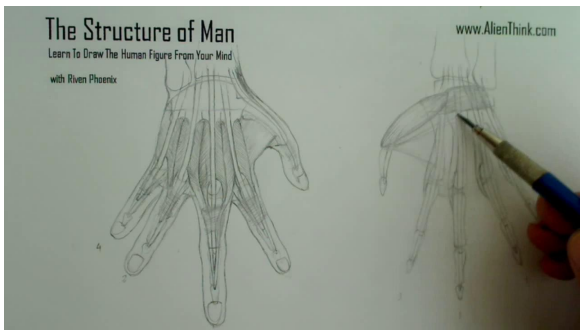
29		Right, how this first.
30		Right, so from where this is then basically you're going to get a second muscle and this second muscle is coming over here to the center.
31		Right, so really it's all about the middle finger over here.
32		So this muscle is just going to go like this.

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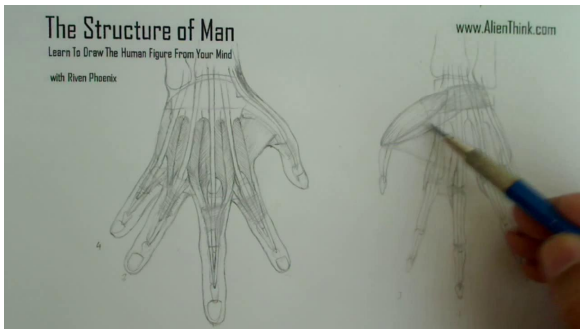
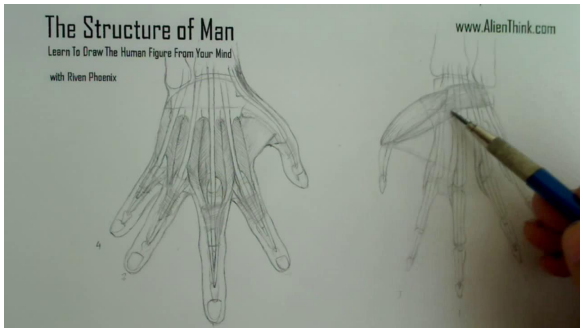
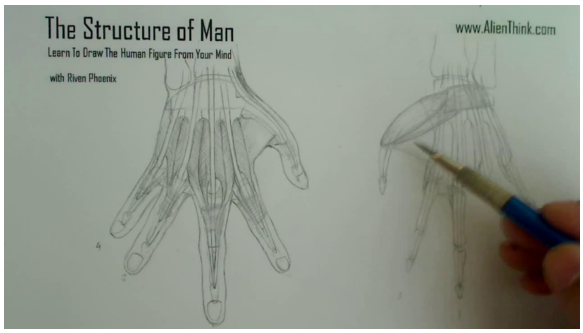
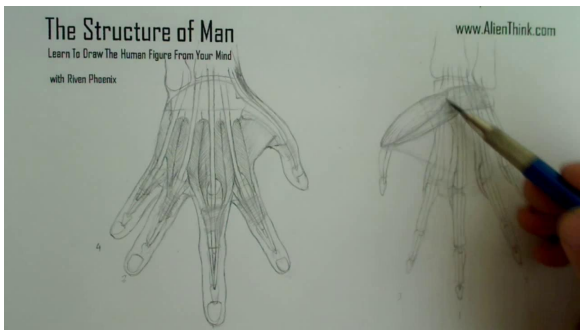
33		So here we'll just add again that this muscle is over here.
34		Right, so notice what's going on over here is that you're starting to get the this part starting to bulge up.
35		So lastly, then you'll get another muscle.
36		So basically look how this is going.

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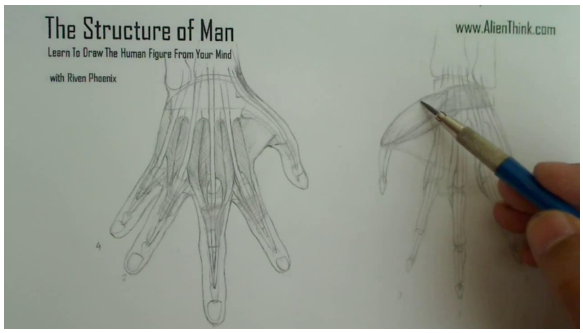
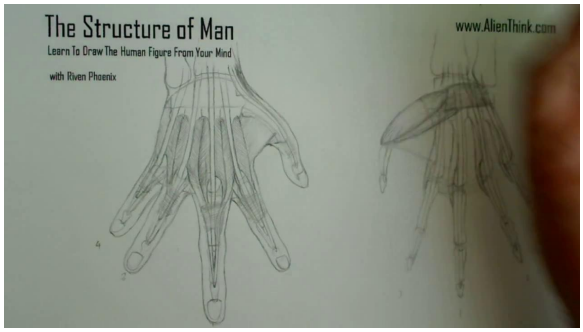
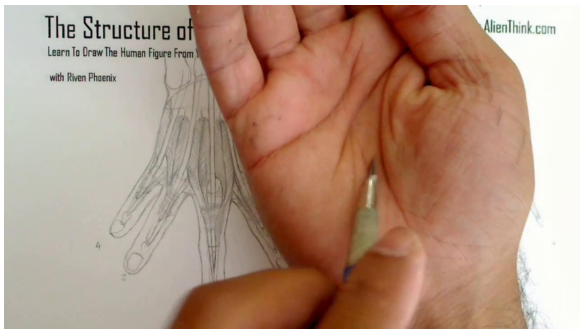
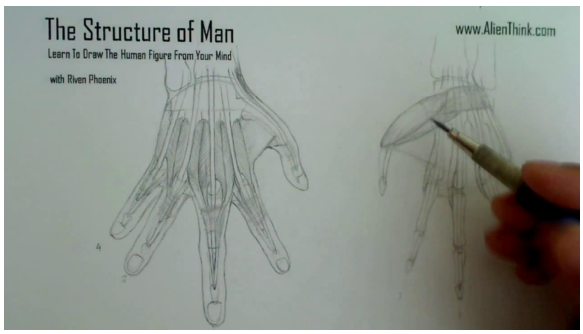
37		It's stepping down, right?
38		This is how this area gets created because now you're going to get that last muscle and look it starts to step down.
39		And then when the skin comes, you can't even tell that.
40		Right, so basically I'm just going to get another muscle over here.

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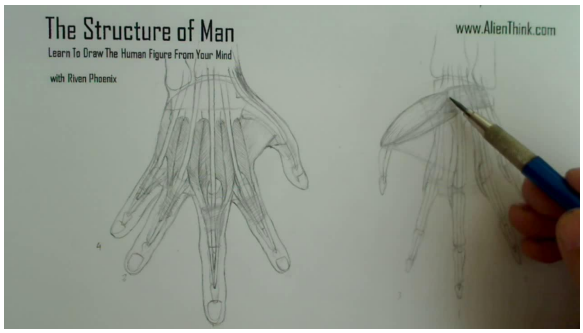
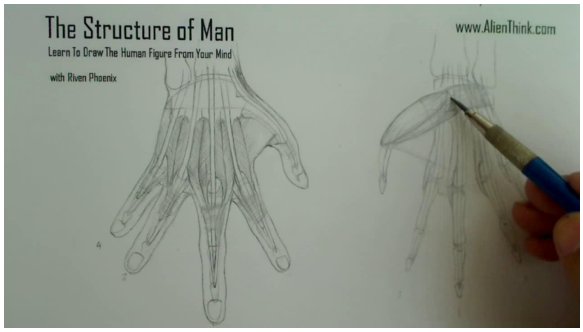
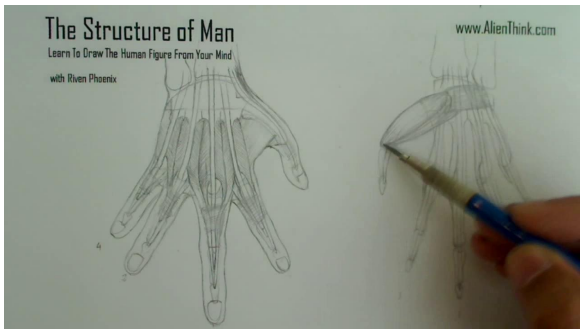
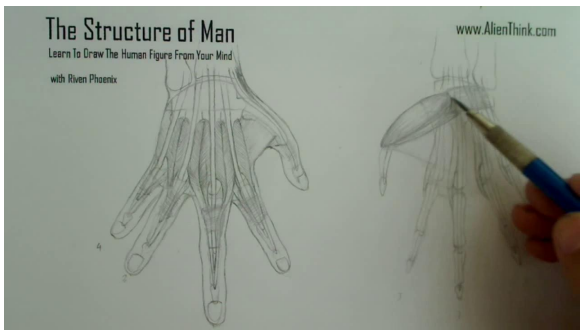
41		Again, same thing and it's just going to be a little more bigger over here.
42		Right, it's just going to be like this and it's going to be on top.
43		So we really just don't even have to do anything here to understand that this muscle really is the key to this.
44		Right, so here you'll see what's starting to happen.

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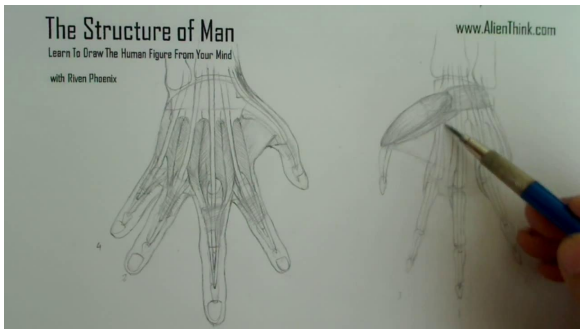
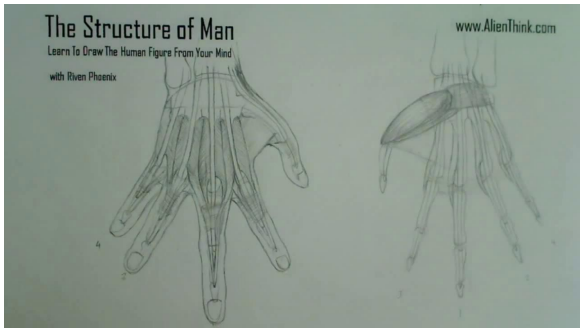
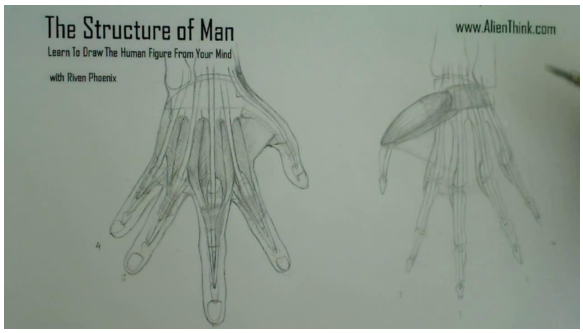
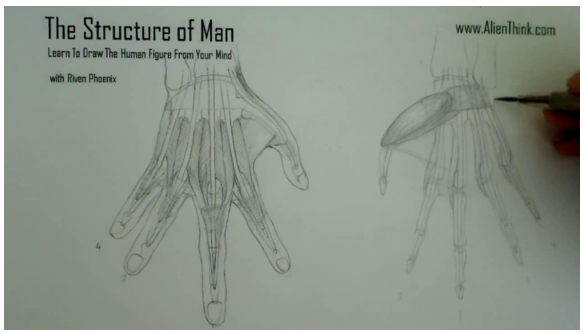
45		Right, all of this stuff is now going down in this way.
46		So what's happening is that we're creating this bulge over here like this.
47		So what happens is that we already know about that muscle that's going to be on the side.
48		Right, we'll just put it in lightly over here.

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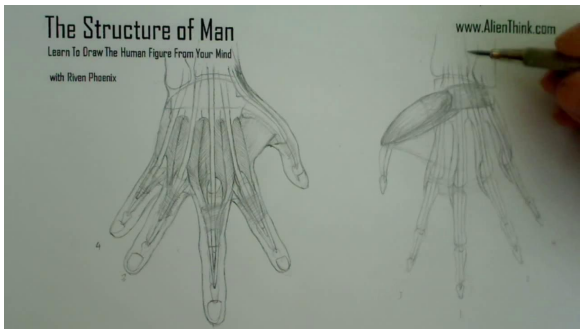
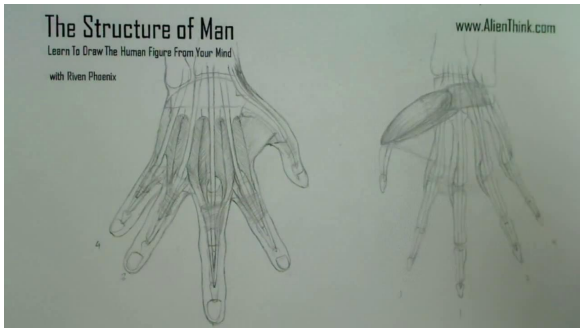
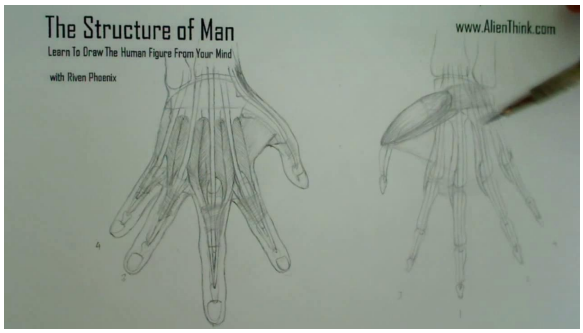
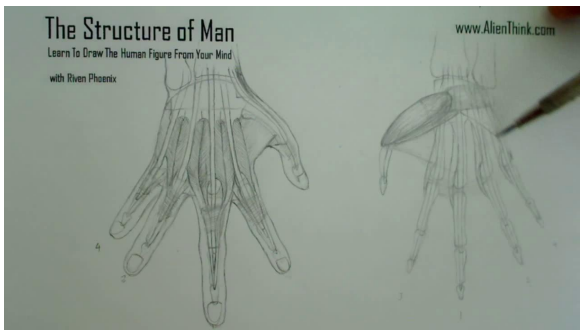
49		Right, so where this idea is that you're not going to start to get muscle that are going to connect to the side of the part.
50		So I'm just going to erase this stuff lightly first so it doesn't get all crazy looking.
51		Okay, so here it's just going to be this muscle here.
52		He's going to do you going to get one and you're going to get two and then basically this guy here is going to be the third one.

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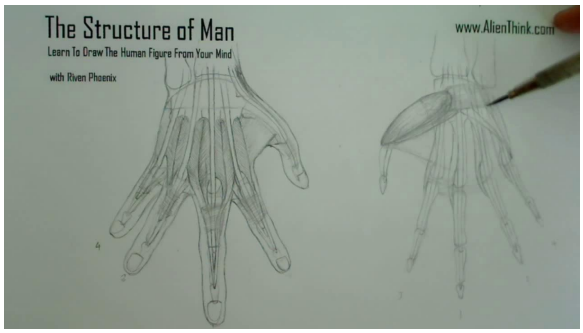
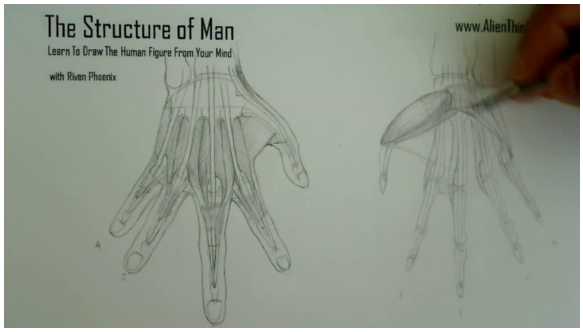
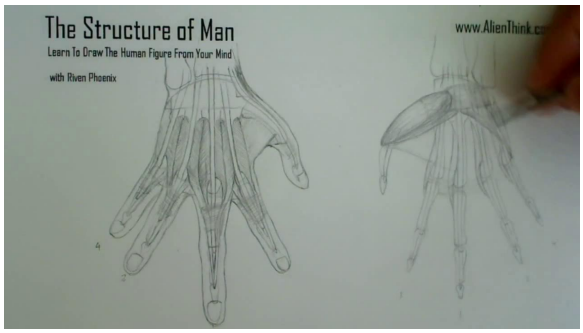
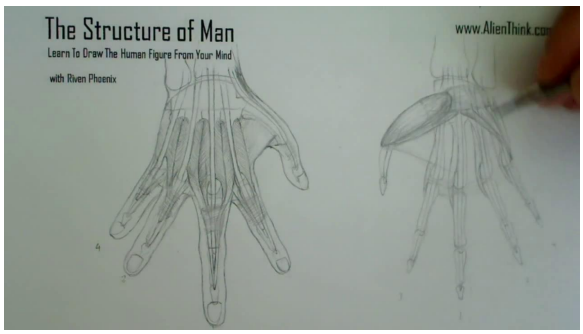
53		Right, so to to understand about this about this system as to what we just did is now you really just have to start to look at you.
54		So what's going on?
55		Right, so you can see clearly that we're now got two bulges in the hand.
56		Right, so you got these three muscles here that are just going like this about their business.

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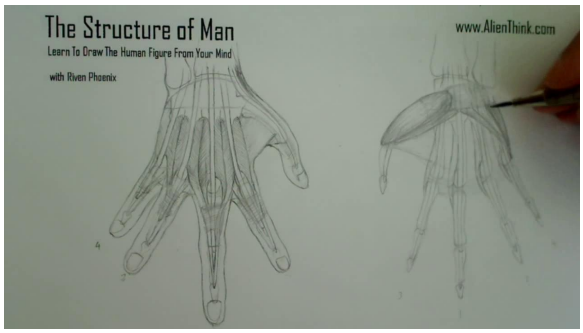
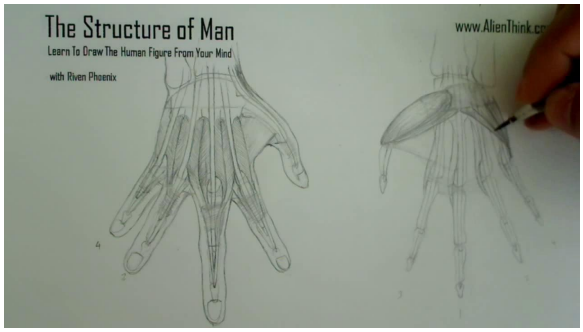
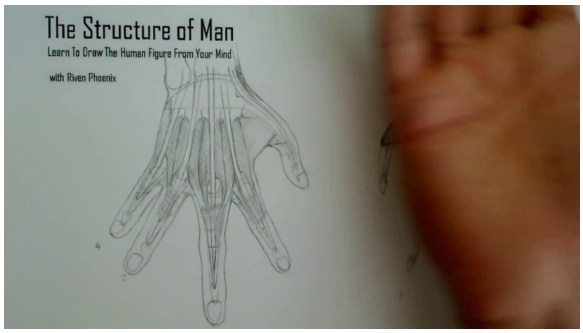
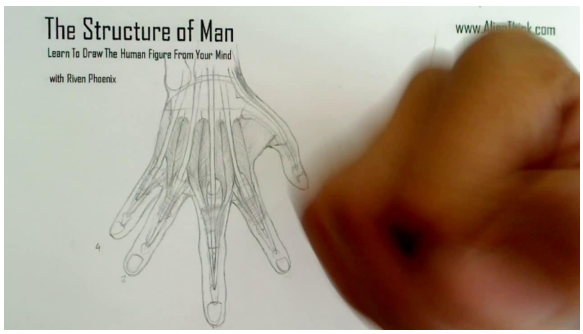
57		Right, they're all connecting to the side over here and here I'm just going to put this on like this.
58		Right, so you can see where the bulge is coming from.
59		Right, and this tells you that obviously these bones here are on a curve.
60		Right, you can see that the wrist is actually going on a curve like this.

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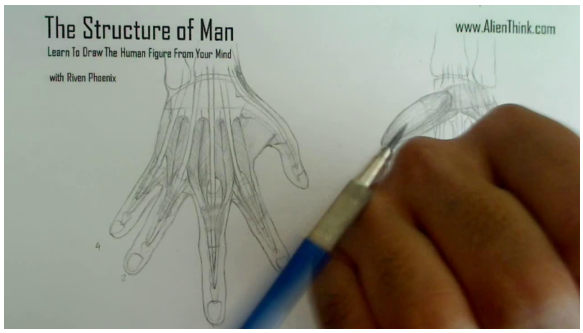
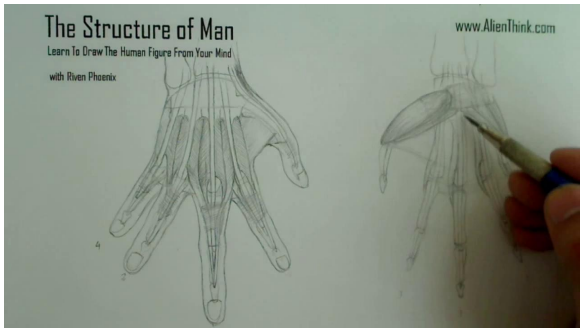
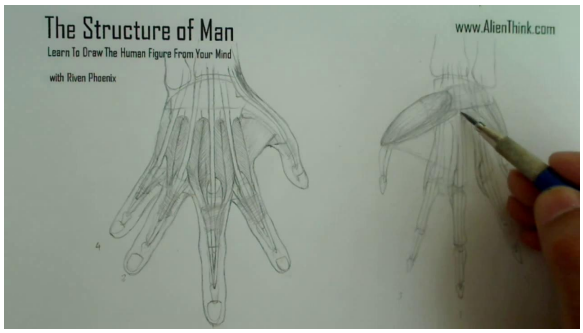
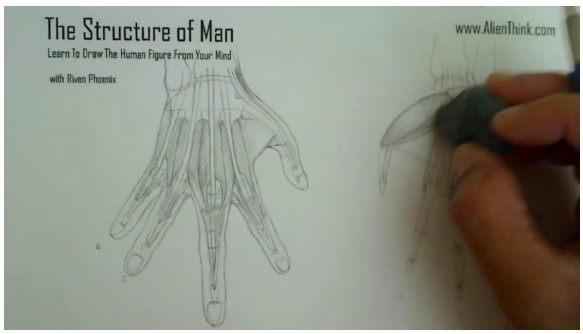
61		Right, and this is going to cause this area here to buckle is because there's nothing else in here.
62		Right, these are really the muscles.
63		So you're going to get this section over here bulging and then you're going to get this section here that's going to bulge.
64		So here we'll just make this bulge a little bit more out a little bit.

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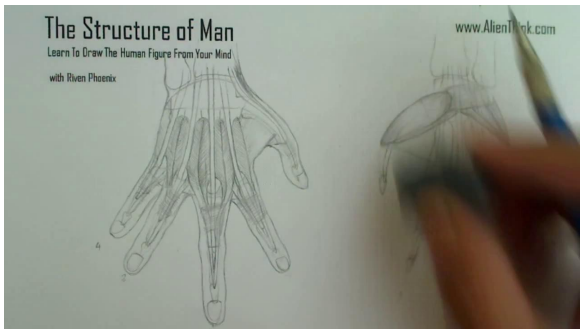
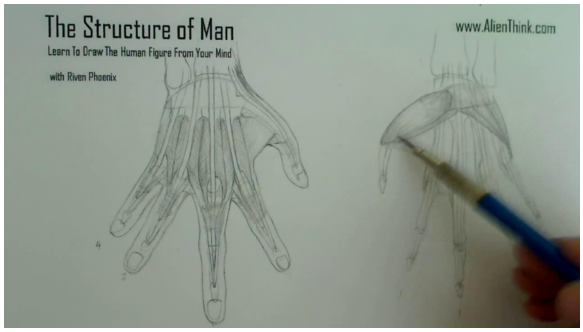
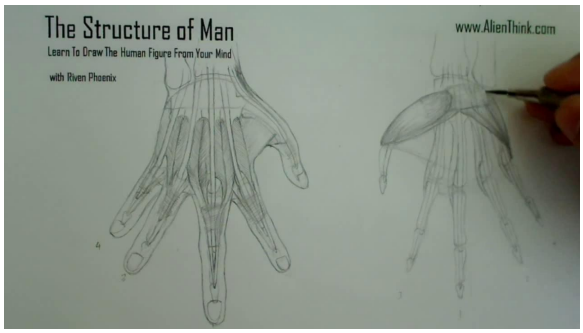
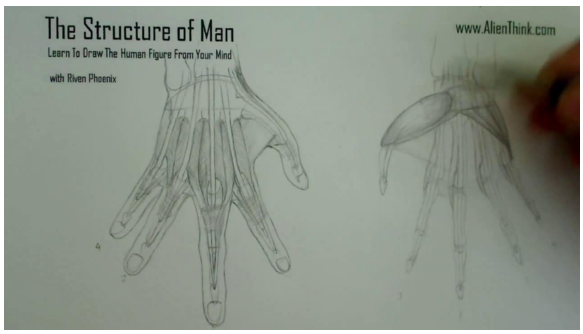
65		Right, we don't have to do this, but we'll just add it in over here like this.
66		So this is just going to bulge out just like this over here.
67		Okay, so we're beginning to now grasp this concept.
68		So now the thing is, okay, well what happens over here?

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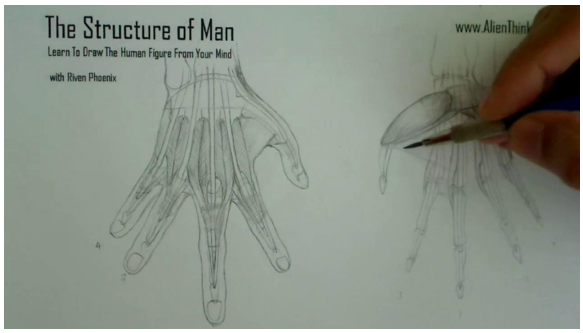
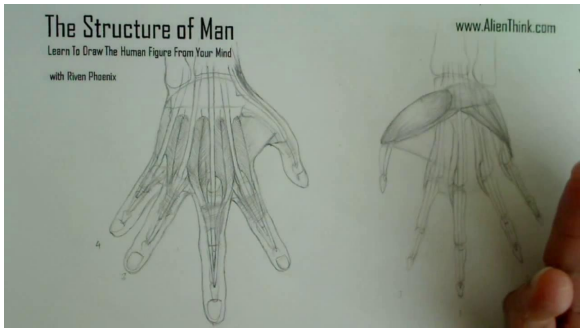
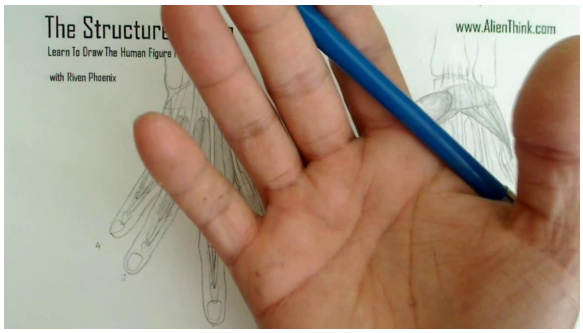
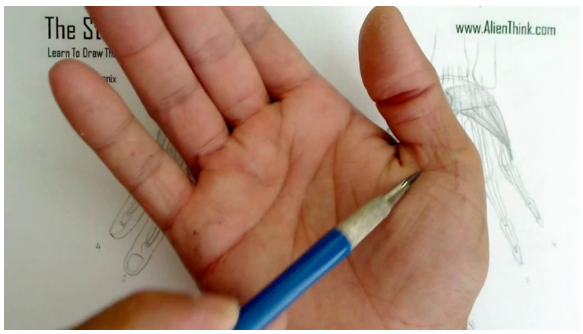
69		Now we're going to start to get into some of this detailed stop and surface anatomy
70		is that you really just have to look at your hand.
71		You can see that the muscle, the division of this muscle is right here.
72		Right, this is the muscle, but then you can see that we talked about how that muscle was going this guy.

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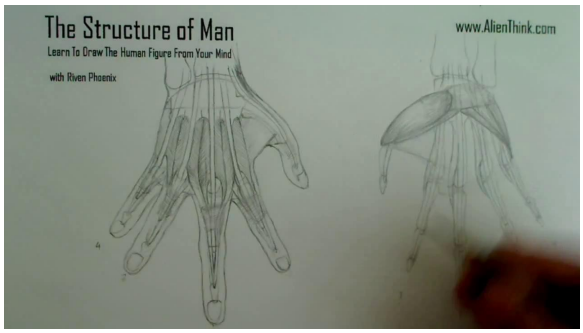
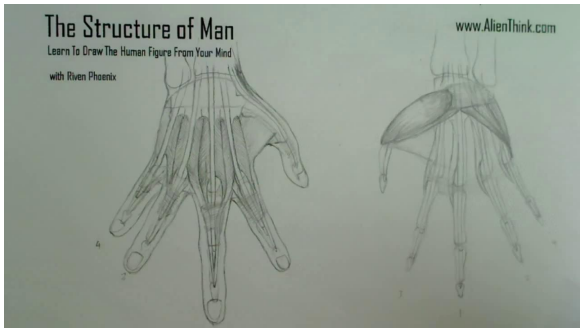
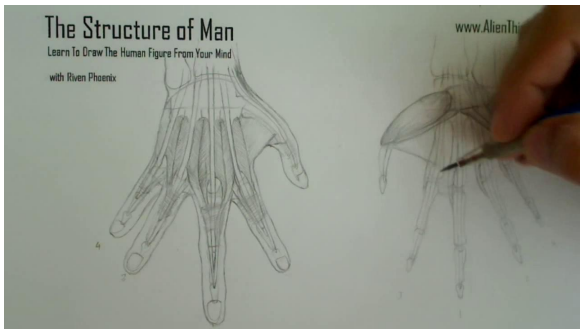
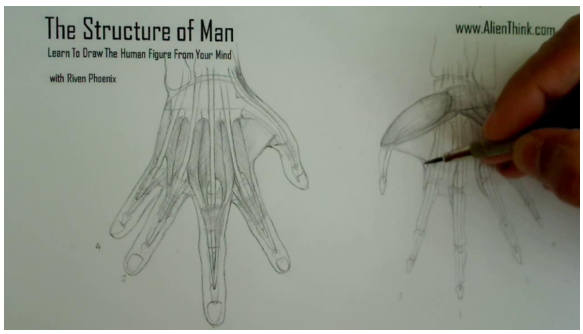
73		So being that look, the skin just connects over here.
74		Right, so you know they write this skin really is this skin over here is going to connect.
75		And I'm going to get the other one from the kind of like from the top.
76		And basically this will start to become into surface anatomy over here.

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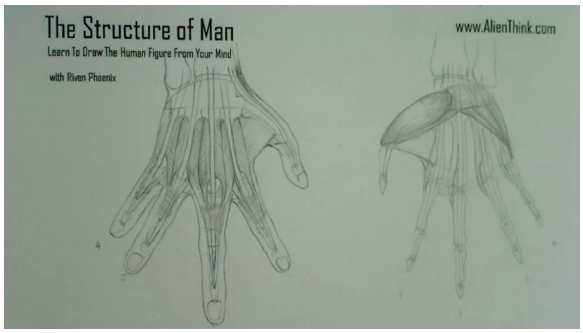
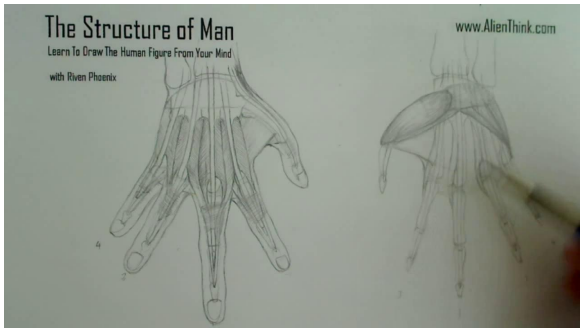
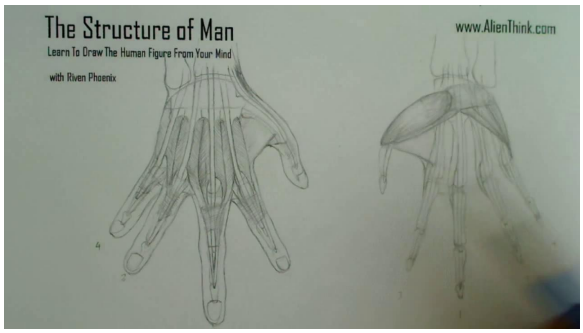
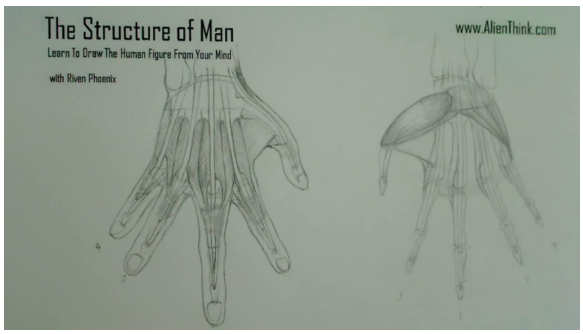
77		Okay, so the thing that we want to do is in the next lesson,
78		we're going to actually spend some time in starting to understand the details of what's going to happen.
79		Basically the concept of things is going to happen, but we're going to look at this in a little more details.
80		We'll see you in the next lesson.

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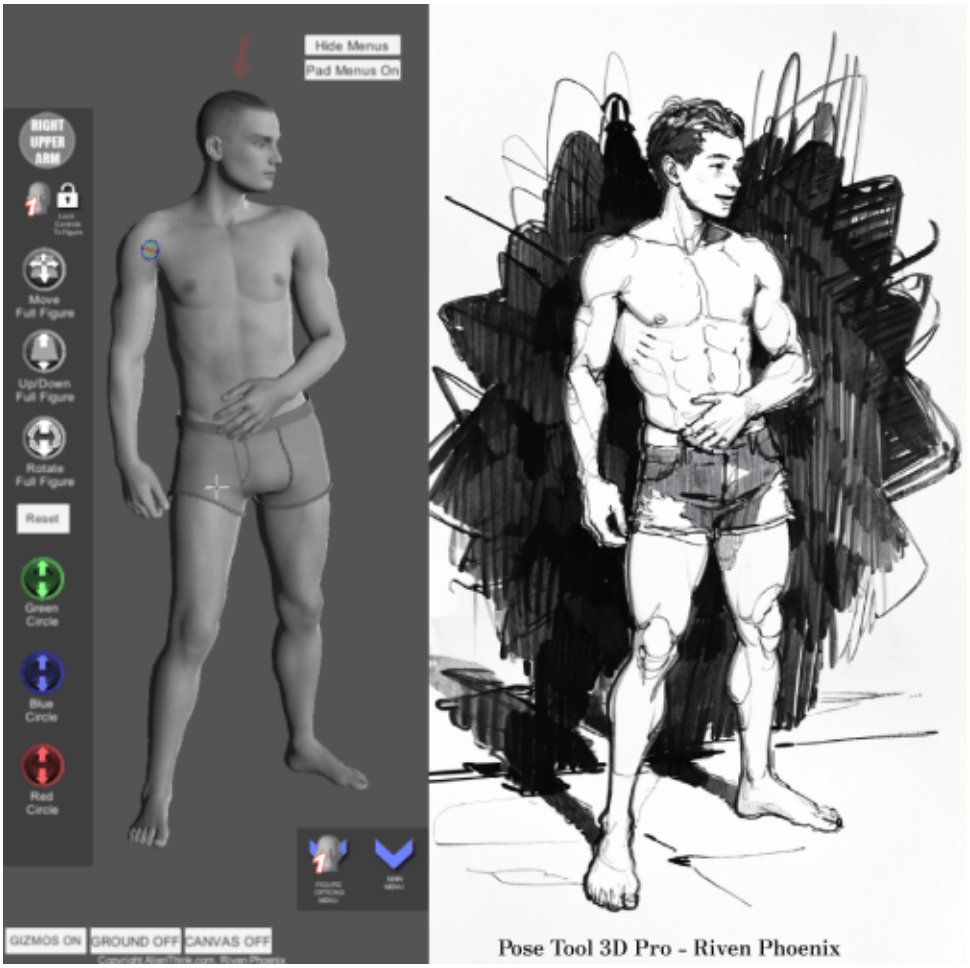

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